A Compendious

ENCHIRIDION

Touching moſt Diſtempers Incident to the body of Man,

With the beſt and eaſieſt Cures thereof.

Vherein the Author deſires the Reader ſeriouſly to conſider the Particulars before Cenſure be paſſed.

n all my Travels with *Salvator Winter*, and many years after with that famous Phiſitian and Chirurgeon *John Ponteus*; I never exacted on, or denied the Poor my skill and Medicines *Gratis*, but ſtill my houſe to them was as free as an Hoſpital; the like never hath been performed but by your Friend and Neighbour

JOHN CHURCH.

ntlemen take notice, that beſides the old Tract I gave you; I have now added for the good and benefit of my Countrymen, a true way of making ſome cheap and neceſſary Medicines; As *Balſomes, Plaiſters. Oyntments, Diaſcordium* and *Mithridate.*

th the number of all the *Bones, Veins,, Muſcles* and *Arteries* in the Body of Man.

Printed for the Author in the year 1682.

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The Prologue.

Gent. ALthough I have not time to give you a Catalogue of all the Famous and admirable Cures performed by me in mine own Country, and other places of this Kingdome, by reason it would be tedious for your reading, and too large for the Press; yet I am willing to give a touch in short of some Cures performed by me amongst your neighbors, who were left uncured by some Chirurgeons, counted able men. Nevertheless you may see that Gods blessing daily attends my endeavours. For when I am at work for the poor, my delight is to perform their cures Charitably, believing that God will crown my endeavours with success. Blessed be his glorious name for ever,

Gentlemen, we are not unsensible that there are too many Pretenders in our time, who promising to perform great cures, have taken your mony, and left you worse than they found you. But my way is to perform your cures before you part with your mony. Some few Cures I shall instance in for brevities sake.

I shall not stand on curious delivery, nor on high quaint termes of Art, although I am a great lover thereof: but in a low and plain way, so that the meanest capacity may understand, what with Gods blessing I can do for them. As followeth.

A Declaration of some Cures performed by J. C.

First, I will begin with the Eyes, being seated in the most noble and principal part, and are as Christal Windows to let light to all manual operations, For God hath hollowed out in the Scull two Windows, into which the outmost Membranes of the Brain send two things fill'd like bags, with the Humours that come from the brain. In the midst of which there is a Pipe interwoven of an Oracous thin Membrane, yet full of a most pure and Christaline Humour, called the Apple of the Eye, in the which vision is made. This is compassed with a Net-work full of a watry or glassie humour. And

laſt of all that Membrane which is commonly call'd the White of the Eye: but Philoſophers (becauſe it is hard and poliſh'd over like horn) call it *cornea*; and this is tranſparent over againſt the Apple of the Net-work. Elſewhere it retains its whiteneſs. Now under the Root of the Apple lies the Optick Nerve, by which the image of the thing perceived paſſeth ſtraight to the center of the Brain. For ſight is only the reſiliencie of the ſpecies from the object to the eye, *&c.*

I couch'd Cataract's for *Richard Smart* a Hempdreſſer living in *Cow lane* near *Smithfield*, and many others to their comfort and credit.

I cured *Mary Millard* liveing within two miles of *Cheltenham* in Gloſter-ſhire of the *Falling ſickneſs* (who had been afflicted 14 years) by anointing the Spundles of her back with my Balſom, and giving her my *Eſſentia Mercurialis*, *&c.*

I Cured *Humphry Blackwel* living in *Eaſtwell* in *Stockly* Pariſh in Oxfordſhire (being ſhot through part of his head with a Rammer of a Gun) with *Linnimentum Archei*, and *Emplaſtrum magiſtrale cum Bitum.*

I Cured *Margaret Carter* living within three Miles of *Bracklie* in Buckingham-ſhire, who had been Blind for the ſpace of 15 years. With many too long to nominate.

Alſo in the Diſeaſes of the Eyes I commonly uſe *Medicamen ſive Collirium noſtrum*, made of *Tutta Magiſtralis*; wherewith I do not onely cure watry eyes, but alſo the great pain of the Eye-lids; and alſo where there is fleſh growing over the ſight; that it ſeemeth to be paſt the cure of common Phiſitians and Chirurgions that profeſs themſelves to be very skilful in Occuliſm, or griefs of the Eyes.

I cured *John Ball* of *Bloxom* near *Banburie*. He was a Baker, who did ſuck his meat through a Quill two years, by reaſon of a Cancer in his face. I gave him *Flores Veneris*, and did uſe *Oleum Vitrioli*; and with my Balſom & Plaiſters finiſhed the cure. I Cut and cured *Margaretha William* of *Michael Deane* on my Stage in Gloſter-ſhire, a Broom mans Daughter of a Hare or cloven Lip, who had been cut and much abuſed by one endeavouring to cure it before; but left her very demiraformed. With many others, whom I have perfectly cured whiche truth for brevities ſake omit.

I Cured *James Fiſher*, a Scholler of *Oxford* of a *Fiſtula* in his ſide between the Ribs and the intercoſtle Muſcles, giving him inwardl

e of thy Golden Balm, and uſing *Flos unguentorum* about the ſaid wound;
er li with *Emplaſtrum Stipticum*, and injections with *Mel Roſarum*, and
ple Tents dipped ſometimes in *Egiptiacum*.

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ing holes. Inſomuch that it was threatned and doom'd to be taken off.
nd m Who I did perfectly cure, and others with the foreſaid Remedy.

I Cured a Wry-neck for *John Scot* living in *Sadbury* in Gloſterſhire.
ham I Cut and cured *David Harris* living in *Downings Allie* in *Biſhops-*
year *ateſtreet*, of a Wen being on the ſide of his neck, weighing above a
givi pound and a half. And many others.

Alſo I cure all Ruptures, or burſtings, commonly called broken-
riſh ellies, either with, or without cutting, which are curable. And alſo
ner l thoſe tumours or ſtartings out of the Navil.

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Directions for the Compoſing of that incomparable Medcine
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℥2. *Gum. Elemi* ℥5. *Gum. vel pinguedinis Palmæ* ℥7. *Spirit. Vini Opt.* lb. 2. Mix them together in a ſtrong Glaſs, and infuſe them in *Balneo Mariæ*, 10 daies. Afterwards put to it *Olei Hypper.* lb. 1 *Tereb. puriſſim.* ℔4. *Cera albæ* ℥6. *ellis* 3. *Miſc. fiat Unguent. alme.*

This Golden Balm or Unguent, is of ſo great virtue, that it to be admired, for it's wonderful efficacie and operations, both in wardly and outwardly; for all great Squats, Bruſes, Falls, give half drachm, or ſafely a whole drachm in Sack, or any convenient drink anointing the greived place outwardly.

For all wounds, new or old, make pledget of fine Tow or Lin the bigneſs of the wound, and lay on any common plaiſter; as *Dia chilon*, or *Deminio*, and if the wound be deep, you may make Tent of the ſame.

Alſo anointing any greived part, or painful ſwelling, it giveth ſpeedy eaſe, and aſſwageth.

And for all Sinewes that are contracted, or ſhrunken. For Cramp and Convulſions, anointing the Spundles of the back. Truly it would require a wiſe Pen, and a large Volume to ſet down all it's healing Virtues, and curious Operations.

Of Phyſick, Chirurgery, and Anatomy.

Alſo I am bold to give you a touch of Phyſick and Chyrurgery: For I am much ſtreigthned for want of time.

The moving principle in a living man, is the vital ſoul, which is nothing elſe but the ſpirit of life, thick and ſtrong, mightily filling and powerfully governing the bodies which it inhabiteth.

For the body of man is Compound, and conſiſteth of Spirit, Fleſh, Blood, Membranes, Veines, Nerves, Griſtles, and Laſtly Tom being as it were the props and pillars, leaſt the frame ſhould fa. Which are in number as followeth.

The Head hath 8. The upper jaw 2. The lower jaw 1. The Teeth are 32, ſometimes but 28. The *Spina* hath 24. The *Os ſacrum* 5. The Ribs are 24. The Breaſt bone 1. but compoſed of 3. The Cannel bone 2. The Shoulder-blades 2. The Iſchium 3. In the Armes 6 In

Feet 64. The great ſeedlikebones of the great Toes 4. If with ſome Anatomiſts you reckon 24 ſeed-like bones in the two hands, and ſo many in the two Feet, and two in each Ham, and the 8 bones in each ſtand between the *Carpus* and the *Metacarpus*; and the bony ſuſtance nexed to the *Cuboides* in both the feet. In old perſons yon ſhall have 4 more, which being joyned to 245, make up 302 bones expreſſed hus.

Ter centum binis compactum eſt oſſibus iſtud,
Quod gerimus corpus, non eſt quod plura requiras.
If you 302 bones chance to find,
Few, or none, are left behind.

The principle tranſmutation of the nouriſhment in man is by Pro-eneration of the Four Vital humours, Blood, Flegm, Yellow and lack Choler. For the nouriſhment received being tempered (as in-eed all bodies of the world are) of the Four Elements, is reſolved in ie body of a living creature into four again. The fatteſt part of it is arned into Blood: a part into Spittle or Flegme: a part into Yellow holer, and a part into Black Choler, or Melancholy. For Melancho- by its terrene groſsneſs, repreſents the Earth. Flegme, Water, lood, Air. Choler, Fire. But they differ in colour and reliſh. For lelancholy is black, and ſomething bitter. Flegme, white, and with-it taſt. Blood, red, and ſweet. Choler, yellow, and very bitter.

Note that amongſt thoſe Four, Blood is moſt copiouſly generated, ontaining the very ſubſtance of our nouriſhment, to which yellow holer only adds a more eaſie penitration through all. Black Choler kes it again; and applieth it to the members. Laſtly Flegm tem-ers the Acrimonies of them both, (leaſt they ſhould Corode) ith penetrating and fixing: and gently agglutinates the blood to the iembers. Hence it is that Phiſitians alſo, with the Vulgar, ſpeak of the Fleſh blood, as if it were the only food of life. Now the principle concocti-Tons in a living creature is threefold. 1. Chilification. 2. Sanguification. Membrification. The Firſt is made in the Stomach. The Second in ie Liver. And the Laſt in all the members. Now the *Stomach* is Teene common Sink-port, or receptacle of all maladies. Crudity is the ed of all diſeaſes. From thence groſs vapours ariſe, cauſing in-bonations: the ſame condenſed in the head, cauſeth diſtillation 1. the other member, of the body it cauſeth obſtructions, whence fol-

loweth

loweth rottenneſs or inflammation. Therefore let it be taken for gra-
ed, that he taketh the beſt courſe for his bodily health, that ende-
vours to prevent Crudities. Now the beſt waies to prevent them
Temperateneſs: as in food, ſleep, and daily exerciſes. O the ſtran-
virtue of Labor! whereby our ever to be adored God ordered o
firſt Parents to get their bread and health in the ſweat of their brow
intimating that they ſhould get their bread and health togethe
which miſtery, if the debauched and ſlothful Gentry of this Kingdo
would rightly weigh, and ſeriouſly conſider, they would not waſ
their lives in idleneſs &c.

I muſt beg your pardon, and break off abruptly, as touching the
things: or I ſhall walk into ſo pleaſant a field, that I ſhall not be
ble to get forth; I muſt therefore but only hint at things.

Of the Quantities of Weights which are at this daie in uſe in preparing, and compoſing Medicines,

For as much as the perfect knowledg of Medicines cannot be atai-
ed unto, without the knowledg of the quantities of Weights, whi
are at this preſent day moſt commonly uſed in making and preparin
Medicines. I thought good to declare them, as followeth.

A Grain, is a Barly corn, taken out of the middle of the ear	Granum.
A Scruple, is twenty Barly cornes.	Scrupulus.
Three Scruples containes a Drachme.	Drachma.
Eight Drachmes contain one Ounce.	Unicia.
Quart; ſignifieth a quart of any thing.	Quar.
Libra, is a pound. And hath this Note.	Libra.
Semis is the half of every weight.	Semis.
Manipulus, is a great handful.	Manipulus.
Pugilus is a ſmall handful.	Pugilus.
Ana, is of every one a like much.	Ana.

Ne parva averſeris, ineſt ſua gratia parvis.

FINIS.

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1. *Artemisia* Mugwort.

Rows by the borders of Fields and High-way-sides, and it flowreth in *August*, and it is somewhat Astringent, and not o hot, pound it with Oyl of Sweet Almonds, and lay it as a Plas-, easeth the pain of the Stomack, also it cureth the Ach and aking and drawing together of Sinews

2. *Tussilago* Coltsfoot,

It groweth in Watry-places, and moist fields, is of a drying na- re; pounded with Honey, it cureth hot Inflamations, and St. *An- ony's* fier being laid thereon, it is good for any Impostumations of e stomack.

3. *Petasites:* Butter Burre.

t groweth in moist places: it flowereth in *March*, and it is ry in the third degree, being dried to powder and drunk in Wine, tovokes Swear, it killeth Wormes, and is of great force against the uffocations or Fits of the Mother, it cureth all Ulcers or old thy Sores.

4. *Britannica* Bistort,

They be of two sorts and flowereth in *May*, cold and dry in e third degree, being boyled in red wine and drunken stopeth e Bloody-flux, it also stopeth the overmuch flowing of Womens urgations and all other Issues of blood

5. *Fumaria* Fumitory.

It grows amongst Wheat and Barley, hot and dry in the second egree, flowers in *June*, the decoction is good in all hot Col- ick humours, also against the fowl scurf or old sores buttfying e skin and purging the body.

6. *Chamedrys* Germainder.

It groweth in stony Hills and Gardens flowereth in *July*, hot nd dry in the third degree, opens all obstructions of the Liver nd Spleen it bringeth down Womens natural purgations, it pur- eth the body.

7. *Bitonica* St. *Pauls* Bitony.

Male and Fœmale, the Male *Veronica*, it groweth in sandy places

about Woods, the Fœmale groweth in low moist places, they flo
er in *July*, it is dry and something hot, it is very good for ſti
pings and pains of the Kidneyes, it is good in old Coughs and
rupted Longs and Ulcers.

8. *Ajugo* Ground-pine.

Grows in stony ground flowers in *August*; it is hot in
second degree and dry in the third, it is good to apply to the Sti
ings of any Venomous Beast, boyled in Vinegar and drunken d
vereth the dead Child, dissolves congealed blood, anointing
body with the Juice provokes sweating.

9. *Chamæspariſſus* Lavender-Cotten.

Grows in Gardens if Planted, or else not in this Country
flowers in *August*, it is hot and very dry; the Hearb drunke
Wine is good against Serpents Scorpions, and any other kin
poysons both to Man and Beast.

10. *Steophularia* Celandine,

Grows about old rotten walls; flowers in *May*, hot and dr
the third degree, the Juice in Wine is good to wash fretting sor
openeth the stopping of the Liver, it helpeth the Jaundice,
very good in the Hemorhoids, the Juice of it mingled with V
and wash therewith.

11. *Pervinca* Pervincle.

Grows in moist shadow places; flowers in *April*, it is very
and Astringent, the herb sodd in Wine and drunken stops the b
dy flux, it stayeth the immoderate course of the flowers, an
other fluxes of blood.

12. *Crocus Saracenicus* Bastard Saffron,

They use to plant it in Gardens, it flowreth in *August*, hot
first degree dry in the second, the Juice of the Seed taken
Broth helpeth the stopping of the Bowells and Guts, it is also
ry good for dropsys; the flowers drunk with honied water o
eth the Liver and are very good against the Jaundice.

13. *Tanacetum* Tansie.

Two sorts, the one yellow, the other asmnald white, both

in *Auguſt*, it is hot in the ſecond degree and dry in the third; ſeeds are very good to kill the Wormes, the ſame drunken in ine is for pain in the Bladder, and themthat cannot piſs but by ops, the Juice of the Herb is good for fits of the Ague.

14. *Parthenum* Fetherfew.

It groweth in dry places by old walls; it flowreth in *Auguſt*, s hot in the third degree and dry in the ſecond, Feverfew dry- and made into powder, and two drams of it taken in honey, very ll purgeth Melancholy and purgeth the Stone.

15. *Abrotonum* Sothenwood.

It grows in Gardens flowers in *Auguſt*, it is hot in the third gree, it is good againſt the Scatica and ſtoppings of Urirne and mans natural Purgations the Seeds being ſteeped in Wine and inken.

16. *Abſynthium* Wormwood.

Hot in the firſt degree dry in the third, comforteth the Sto- k from hot Collerick humours, the decoction.

17. *Bugloſſa* Bugloſs.

There be five ſorts, they all flower in *June July* and *Auguſt*, to grow in barren Soyl, the decoction of the Roots with Hyſop Creſſes being drunk every Morning drives out all manner of Wormes ingendred in the Body of Man.

18. *Lingua Canis* Dogs Tong.

rows about high-ways and Path ſides, flowreth in *June*, the t roſted in hot Imbers and laid to the Fundament helpeth the ard Hemerhoids, pounded with Barly Meal and laid to any In- hot irations or Wild fier is a Soveraign Remedy.

19. *Barago* Borage.

is hot and moiſt, it is good againſt Roughneſs and Harſhneſs e Throat, being boyled with water and honey is good alſo ſt Mellancholly

20. *Anthillis* Anthillon.

Hot and dry in the firſt degree, flowreth in *June* it groweth in

the Axen of this Herb is used in making Glasses; the decoc of it drunk is good against the Strangury and pain in the Re also very good for green wounds to heal them up.

21. *Bardana* The Clote Burre.

Groweth by highways and dry Ditches, their season is in *A* being very good steeped in Wine to provoke Urine and breal Stone in the Reigns or Bladder, also for such as spet blood or rupted matter, and in Ointments good for hot swellings.

22. *Ranunculus* Crowfoot.

Grows in Ditches and standing waters, flowers in *April*, against Tetters and Ringworms. The Powder of the Root causeth Sneesing.

23. *Poligranthemum* Gouldenknobs.

Grows on Grassy Downs and in Gardens, if planted flowe *April*, and almost all the Summer is hot and dry, seldom us Physick, the Roots are good to draw Blisters being outwardl plyed.

24. *Dipsacum* or *Virga pastoris*, Teasel.

It flowers in *June*, and is planted in this Country, is dry i Second degree, an Ointment made with it is good for chops i Fundament.

25. *Succisa Morsus Diaboli*, Devils-bit

Hot and dry in the Second degree: inwardly taken it ease Fits of the Mother, and breaks Wind, very good to stop Swellin the Jaws being outwardly applied.

26. *Trifolium* Trefoil.

There be several sorts, and are hot and dry in the Third d and flowers in *August*, good to purge Worms, Natural Pu ons, and against the Strangury provokes Urine.

27. *Alleluja* & *Oxys* Wood Sorrel.

Grows in shaddowed Woods, flowreth in *April*, is cold an it is good for them that have a cold feeble Stomach, the decoc good for sore Mouths.

28. *G*

28. *Gramen* Couch-graſs.

Is cold and dry, it groweth in Corn Fields and in low places, it is good to boil in Wine for Gnawings of the Belly, very much provokes Urine, and brings forth the Stone and Gravel.

29. *Phœnix* Way-bennet.

Grows in the Borders of Fields, of nature dry and warm, ſtops the Flux of the Belly, and womens Natural Purgations.

30. *Bromos* Oatgraſs.

Grows on Borders of Fields, and by way ſides may be found in Harr, all the Summer is dry of complection: the decocton is good for ſtinking Breaths, or ſtinking ſmells, or corrupt ſores in the Noſe being waſhed therewith.

31. *Crataegonum* Stichwort.

Grows under Hedges and Buſhes, flowers in *April*, the Seed heateth and dryeth: Some write that if a Woman drinks the decocton of the Seed three days after her Natural Purgations ſhe may conceive of a man child if ſhe conceive within Forty days.

32. *Juncí* Ruſhes, there be Five ſorts.

Grows in low watry places, of dry complexion, they flowret in *July*, it purges very much by Urine, the Seeds ſteeped and drunken in Wine ſtops any Flux in the Belly.

33. *Arundo* Reeds, there be Nine ſorts.

All hot and dry, they grow in ſtanding Waters and by Brook ſides, tis good in Dropſies, it provokes Urine and breaks the Stone the Aſhes are good for Scald heads.

34. *Hydropiper* Water Pepperwort.

Hot and dry in the Third degree, flowreth in *Auguſt*, groweth in Pools and Ditches, it waſheth all cold Swellings, it ſcattereth congealed Blood being laid thereto; the dry Leaves being powdred may ſerve inſtead of Pepper.

35. *Perſicaria* Arſemart.

Grows in watry places, is cold and dry, is good to lay to freſh wounds

wounds the Juice being droped in; good againſt Impoſtumation and Inflamations and ſuch hot Swellings.

36. *Staphiſagria* Staviſaker.

Grows in ſhaddow places and in Gardens, flowreth in *June*, is hot allmoſt in the Fourth degree: Fifteen of the Seeds is ſtrong Vomit taken in any convenient Liquor, carries of groſs flam and ſlimy matter, it is alſo good with Vinegar to rub on Louſie Apparel to kill Lice.

37. *Cucumis* Wild Cucumber.

Grows in Gardens if Set there, flowreth in *Auguſt*, is hot and dry in the Second degree, is good againſt Dropſies, good for Squinancy and the Swellings in the Throat.

38. *Colocinthis* Coloquintida.

It grows in *Spain* and *Italy* and brings forth fruit in *September* like unto great Apples being very full of Seeds; it is hot and dry in the Third degree: it purges Cholerick humours; a Scruple is enough at a time, for it openeth the Belly mightily, not fitting nor ſafe for the Vulgar to meddle with.

39. *Sena* Sene.

It grows in *Italy*, it flowreth in *June*, hot in the Second degree and dry in Firſt: the Codds and Leaves in the quantity of a Dram gently purgeth the Belly eſpecially Choler and Melancholy a very ſafe and harmleſs Purge.

40. *Sambucus* Eldar.

Hot and dry in the Third degree, eſpecially the Bark grows in ſhaddow moiſt places; flowreth in *May*, it is profitable in the Dropſey, the green Leaves pounded are good to aſwage hot Swellings and to eaſe the pain of the Gout.

41. *Humilis Sambucus* Deanwort.

Grows near Highways, eſpecially in good ground, flowreth in *July*, it is hot and dry. The Root boiled in Wine and drank is good againſt the Dropſey and purgeth watry humours.

42. *Viti*

42. *Vitis alba* Brion.

Grows at the bottom of Hedges and Ditches, flowreth in *May*, hot and dry in the Third degree. The Root purges very well, provokes Urine, good against Falling Sickneſs; very good against old Coughs and Paines in the ſides being outwardly applyed.

33. *Polytrichon* Maidenhair.

Grows in moiſt ſhadow places, the Hearb between hot and cold degree keeps always green; good in all inflamations of the Liver and Reins.

44. *Lichen* or *Hepatica* Liverwort.

Grows on Stones in ſhaddow places, and flowers in *July*, is cold and dry: good for inflamations of the Liver and foul ſpreading Scabs.

45. *Burſa Paſtoris* Shephards Purſe.

Cold and dry, binding ſtops blood and cools Inflamations, ſtops Womens Purgation,.

46. *Buphthalmum* Ox-Eye.

This is good againſt Melancholy and Madneſs.

47. *Buxus* Box Tree Leaves.

Is hot, dry and binding, good againſt Tenams, or bitings of Venomous Beaſts, taken inwardly.

48. *Calaminta Montana* Mountain Calamint.

Hot and dry in the third degree, provokes Urine, haſtens birth, and brings the after Birth and terms.

49. *Calendula* Marigolds.

The Leaves are hot in the ſecond degree, looſe the Belly with Vinigar it Cools greately.

50. *Carduncellas* Groundſel.

Cold and Moiſt, it Purgeth Urine and Gravill.

51. *Cardus B. Marie* Lady Thiſtle.

Far more temperat; the Cardus good againſt the Jaundice, provoks Urine and breaks the ſtone.

52 *Car-*

Viti

52. *Carduus Benedictus* Cardus.

Hot and dry in the second degree, a great Clenser good to the Stomack and Belly, resisteth Poyson, provokes Sweat.

53. *Cataria Nepeta* Nep or Cat Mint.

The Verme is like Calemint, only Genteeler.

54. *Cauda Equina* Horse-tail.

Is of a Binding, Drying Quality, very good to stop ble at the Nose or any other part,

55. *Caulis Brassica* Collworts.

They are Cool and binding in Quallity.

56. *Ceniaurium* Centauri.

They Purge the Liver and Spleen very well, good for Wounds and green Sickness.

57. *Centinodium* Knot Grase.

Cold in the second degree, binding stops any fluxes Reines in Man or Woman.

58. *Cerefolium* Cherail.

Being taken inward provokes Lust in old People.

59. *Capea Anagalis Aquatica* Brook-Lime.

Hot and dry good for Scurvey and Maingy Horses.

60. *Ceterachus* Spleen-wort.

Good for Mellancholy People, and Purgeth the Reines.

61. *Chamamelum* Garden Chamomel.

Helps Gripings in the Belly, and Purgeth the Reines.

62. *Chamadvis* Garmander.

It opens the Liver and spleen and provokes Terms.

63. *Cinara* &c. Artichokes.

They Provoke Lust and Purge Urine and Fluxes

64. *Cicuta* Hemlock.

Cold in the fourth degree, good in all hot humours outwa plied.

od to 65. *Conſolida Regalis Delphinum* Larks Heels
veat. : reſiſteth Poyſons and Venomous Beaſts.

66. *Centonaria* Chaffweed.
oyled in lye it kills Nits in the head, ſmoked in a Pipe it
good for old Coughs of the Lungs.

op ble 67. *Cruciata* Croſs-wort.
ry and binding good for wounds Inward or ontward.

68 *Craſſila* Orpine.
is good for Bloody-fluxes being inwardly taken.

69. *Crythamus* Samphier.
ood for opens the Liver and Spleen, good for yellow Jaundice.

70. *Cianus* Blew-bottles.
is good for broken Veins and inflamations.

fluxes 71. *Dictamnus* Dittany of *Creet*.
brings away dead Children, and haſtens Birth.

72. *Eruca* Rocket.
reatly provokes Luſt being taken inwardly.

ime. 73. *Euphragia* Eybright.
ry comfortable Herb for the dim ſighted Eye.

74. *Malabathrum* Indean-leaf.
Reines comforts the Stomack, helps Digeſtion and Apetite.

75. *Fœniculum* Fennes.
Reines. eaſeth Milk in Nurſes and Purgeth the Reines.

76. *Fragerica* Strawberry Leaves.
s Inflamations in the Lungs, inwardly taken.

ns. 77. *Fraxinus* Aiſh Tree Leaves.
s Rickets in Children and ſtoping of the Liver.

78. *Galega* Goats Rew.
d againſt Peſtilence, Feavers and the Falling Sickneſs,

79. *Cal-*

79. *Galion* Ladys Bead Straw.

Dry and Binding, good to ſtop Blood and Fluxes.

80 *Geniſta* Broom.

It breaks the Stone, good in dropſies &c.

81 *Geraium* Doves Foot.

Good for Collick, Breaketh the Stone.

82. *Gratiola* Hedg Hyſſop.

It Purgeth Phlegm and Dropſies very well.

83. *Hedara Arborea Terreſtries* Ground Ivy

Helps Burning and Scalding and old Ulcers &c.

84. *Primula Veris* Cowſlips.

The Leaves are good for pains in the Head and Joynts.

85. *Herba Paris* Herb Truelove.

Good for Apoſthumes and Inflamations in the privities.

86. *Herba Venti Anemone* Windflower.

It helps to Milk in Nurſes, in Oyntment cures Leproſies.

87. *Helxine* Pellitory of the Wall.

A cool moiſt cleanſing Herb good for Inflamations.

88. *Hippogloſſum* Horſetongue.

It eaſeth hard Labour in women, and womens Purgations

89. *Hippoſelinum* Alixander.

It purgeth Urine and brings away the after birth.

90. *Hyſopus* Hyſop

Helps old Coughs and Diſtillations upon the Lungs.

91. *Hyoſciamus* &c. Henbane.

A cold Herb, not to be taken inwardly but in cooling O

92. *Hypericon* St. *Johns* wort.

Good for ſpitting of Blood, or to cure freſh wounds.

93. *Inguinalis Aster* Sharewort.

It helps Inflamations in the Grine and Fundament.

94. *Isatis Glastum* Woad.

The Side being bathed with it easeth the pains of the Spleen.

95. *Lactuca* Lettice.

It provokes Sleep, and rest Drunkennes and Heart burnings.

96. *Marvum* the Herb Mastick.

Hot and dry in the Third degree; good against Cramps.

97. *Melilotus* Melilot.

Inwardly taken it purgeth the Urine and Reins.

98. *Melissa* Bawm.

A fine comfortable Herb for a cold Stomack.

99. *Mentha Sativa* Spear Mints

It is very good Herb for to stop Vomiting.

100. *Mentha Aquatica* Water Mints.

It easeth pains in the Belly and Reins.

101. *Mercurialis* Mercury.

It purgeth watery humours and further conception.

102. *Mezerion Spurg* Olive.

A dangerous Purge not fit for every one to meddle with.

103. *Millefolium* Yarrow.

A healing Herb in wounds, and stops Bleeding.

04. *Musens* Mos

Of the Oak is useful for stoping women Fluxes.

105. *Myrtus* Myrtle tree.

The Leaves stop Vomiting and pissing of Blood.

106. *Nasturtium Aquaticum* Water Cress.

It cleanseth the Blood, good for Scurvies and the Terms.

107. *Nicotiana* Tobacco.

A famous Herb in Oyntments for cold Gouty humours.

108 *Lavendula* Lavinder.

Very good for Swimmings, Palsies and Coldness of Brain.

109 *Laureola.* Laurell.

It Purgeth upwards and downwards (I mean the Leaves.)

110. *Lentiscus Mastick* Tree.

The Leaves and Bark stop Fluxes and spitting Blood.

111. *Lens Palustris* Ducks-meat.

It cools Inflamations and hot Swellings in any Part.

112. *Levisticum* Lovage.

It Clears the Sight, takes away Redness and Freckles.

113 *Linaria* Toad Flax.

It openeth the Liver and spleen, and Purgeth the Reins.

114. *Lingua Cericena* Harts Tongue.

It stops all manner of Fluxes in Man or Woman.

115. *Lupulus* Hops.

A Clensing Herb Purging the Liver and Spleen.

116. *Malva* Mallows.

A fine Cooling Herb good to asswage hot Swellings.

117. *Mandragora* Mandrakes.

Not fit for any inward use but in Cool Oyntments.

11 . *Marubium* Whie Hore-hound.

It is a very good Herb for the Lungs and Consumptions.

119. *Ophioglosson* Adderstongue.

A very good Herb for Bruises inward or outward.

120. *Origanum* Organy.

It helps old Coughs: in Oyntments it helps Itch.

121. *Persicorum folia* Peach leaves.

A fine gentle Purge for Choler and Flegme &c.

122. *Plantago* Plantain.

A very cooling Herb, good in all hot Gouts and Pains.

123. *Porta-*

123. *Portulaca* Purſlain.

It cools the Blood and Liver, ſtops Fluxes and Terms.

124. *Pulegium* Pennyroyal.

Provokes Urine and helps Virgins to their Purgations.

125. *Quercus* Oak leaves.

They ſtay the Whits in women and dry up old Ulcers.

126. *Roſemarinum* Roſemary.

helps Stuffings in the Head, Palſies and Jaundice.

127. *Rumex* Docks.

Are of a cool and drying Nature; ſtops Fluxes.

128. *Ruta* Rue or Herb of Grace.

Reſiſteth Poyſons, kills Worms, good againſt Small-pox.

129. *Sabina* Savin.

Expells both Birth and after Birth and Terms.

130. *Salvia* Sage.

Strengthens the Senſes, ſtops Vomiting, ſpitting Blood.

131. *Salix* Willow Leaves.

Very good in Fluxes and ſpitting of Blood.

132 *Sanicula* Sanicle.

Is very good to clens old Wounds and Ulcers.

133. *Saponaria* Sope Wort.

An Herb much uſed in the Diſeaſe called the French-Pox.

134. *Saluria* Savory.

A very good Herb to Expel Wind in the Body.

135. *Saxifraga* Saxafrag.

Breaks Wind helps the Collick and Stone.

136. *Scabioſa* Scabious.

A very clenſing Herb to the breſt and Lungs.

137 *Ser-*

137. *Serpillum* Mother Time.

It is a very good Herb to bring down Womens Terms.

138. *Salanum* Night Shade.

It is a very Cooling Herb in Oyntments outwardly,

139. *Soldanelle* Bindweed.

It Purgeth Dropſies and all watery Humours.

140. *Sonchus* Sowthiſtle.

Good for Frenzies, Cools Heat of the Fundament.

141 *Tamariſcus* Tamaris,

It is good for Rickets in Children, and very Hot.

142. *Thymum* Time.

It Cleanſeth the Breſt, Lungs, Reins and Matrix.

143. *Trenitalis* Harts-Eaſe.

They are good for Falling-Sickneſes &c.

144. *Verbaſcum, Thapſus, Barbatus* Mullin.

It ſtops Fluxes and the Hemorrhoides and Horſes Cough.

145. *Verbena* Vervain.

It is a very good remedy to cleanſe after Child bearing.

146. *Violaria* Violet leaves.

A fine harmleſs Herb, inwardly or outwardly cooling,

147. *Vitis Bimifera* the Vine Tree.

The Leaves are binding, cooling, ſtops Vomiting.

148. *Vincitoxicum* Swallowwort.

A Poultice made of the Herb cures womens Breaſts.

149. *Urtica* Nettles.

They ſtopbleeding at the Noſe, helps Plewrſies.

150. *Umbilicus Veneris* Navil Wort.

A cooling Herb, helps Kiby heels, Burnings and Sc
any hot Swellings outwardly.

151. *Roſa Alba Rubra Damaſena* White, Red, Dam

White good for ſore Eyes. Red cheareth the heart,
purgeth.

Diaſcordium 106.

ake of Cinamon, Caſſia lignea, of each half an ounce, Scordi-
m ounce: Dittany of Creet, Tormentil, Biſtort, Galbanum,
n Arabick, of each half an ounce: Opium one dram and a half:
el Seeds one dram and a half: Gentian half an ounce; Bole-
nenick an ounce and an half; Earth of Lemons half an ounce;
g Pepper, Ginger, of each two drams; clarified Honey two
nd and an half; Sugar of Roſes one pound; Canary Wine ten
ces: make them into an Electuary according to art.

It is a well compoſed Electuary, ſomething appropriated to the
ture of women, for it provokes the terms, haſtens their labour,
ps their uſual ſickneſs at the time of their lying in, I know
hing better; it ſtops fluxes, mightily ſtrengtheneth the heart
d ſtomack; neither is ſo hot but it may ſafely be given to weak
ople; and beſides provokes ſleep. It may ſafely be given to
ung children ten grains at a time; ancient people may take a
am or more: It is given as an excellent cordial in ſuch feavers as
accompanied with want of ſleep.

Mithridate 106.

Take of Mirrh, Saffron, Agrick, Ginger, Cinnamon, Spick-
ard, Frankincenſe, Treacle, Muſtard Seeds, of each ten drams;
ae Seeds of Hartwort, Opobalſamum, or Oyl of Nutmegs by ex-
reſſion, Schenanth, Stœchas, Coſtus, Galbanum, Turpentine
ong Pepper, Caſtorium, Juice of Hypociſtis Styrax calamitis,
Opopanax Indian leaf, or for want of it, Mace, of each one ounce:
Caſſia lignea, Poley mountain, white Pepper, Scordium, the Seeds
of carrots of Creet, carpobalſamum or cubebs, Troch, cypheos,
Bdelium, of each ſeven drams: Celtick, Spicknard, Gum Ara-
pick, Macedonian Parſly Seeds, Opium cardamoms the leſs, Fen-
nel Seeds, Gentian, red Roſe Leaves, Dittany of Creet, of each
five drams; Annis ſeeds, Aſarabacca, Orris, Acorus, the greater
Valerian, Sagapen, of each three drams: Meum Acacia, the bel-
lies of Scinks, the tops of St. *John's* wort, of each two drams and
an half; Mallego wine ſo much as is ſufficient to diſſolve the Juices

and

and Gums, clarified Honey the treble weight of all, the win
cept ed: make them into an Electuary according to art.

It is good against poyson and such as have done themselves w
by taking filthy Medicines; it provokes sweat, it helps conti
watrings of the Stomack, ulcers in the body, consumptions, w
ness of the limbs, rids the body of cold humours, and diff
coming of cold, it remedies cold infirmities of the brain,
stopping of the passage of the senses (*viz.* hearing, seeing, sm
ing, &c.) by cold, it expels wind, helps the chollick, prov
appetite to ones victuals, it helps ulcers in the bladder, if G
say true; as also difficulty of Urine, it casts out the dead ch
and helps such women as cannot conceive by reason of cold, i
an admirable remedy for melancholly, and all diseases of the b
coming through cold, it would fill a whole sheet of Paper to rec
them all up particularly. You may take a scruple or half a d
in the morning, and follow your business; two drams will m
you sweat, yea one dram if your body be weak, for then two dr
may be dangerous because of its heat.

Reader in my first sheet I told you the number of the Bones, being
according to the Latine Dictick, Thus Englished

If you 302 Bones chance to find
Few or none are left behind.

The Muscles are according to the Best Anatomists 270: A
for the Veins and Arteries they so disagree in their judgments t
I think it needless to trouble my self or thee with setting here t
number it being Little Material, unless their Names and Pla
were given an account of which will be too long for this, and n
design.

FINIS.